

# The Psyche

## Greetings from the Chair



Hello, alumni and friends! In this issue, we welcome several new members of the faculty and staff. Amy Sato, Ph.D., is a child clinical/pediatric psychologist who joined the department in January, 2012. She is the last of three Psychology faculty members hired as part of a Kent State University Coordinated Hire Initiative with the Department of Biological Sciences. The goal of the initiative is to foster

translational and interdisciplinary research in trauma and health. Alanna Updegraff, Ph.D., is the new Director of the Psychological Clinic. She is a clinical psychologist whose work has focused on children from underserved populations as well as children suffering from various endocrine disorders. Sandi Thouvenin is the new grants assistant in the Applied Psychology Center (APC) and Michelle Finan is the new secretary for Graduate Admissions and the Psychological Clinic.

We also catch up with two longtime members of the faculty as they mark important transitions. John Akamatsu, Ph.D., retired this past June after decades of dedicated service to the department as professor and director of the Psychological Clinic. Emeritus Professor, Robert Treichler, Ph.D., had the rare opportunity to celebrate both his 80th birthday and his 50th year of service to the university.

In this issue, we applaud John Gunstad, Ph.D., for receiving the university's prestigious Outstanding Research and Scholar Award. Gunstad is gaining national attention for groundbreaking research on how people's neurocognitive functioning is affected by aging, obesity, cardiovascular disease, and environmental stressors. We are also pleased to acknowledge some of the many honors that have been bestowed upon the department, faculty, and graduate students in the past year.

For our "In the Loop" interview in this issue, we sit down with one of the first Ph.D.s from our clinical graduate program, Robert K. Klepac. Bob has had an illustrious career which has included serving as department chair at North Dakota State, Director of Clinical Training at Florida State, and President of the Association for Behavioral and Cognitive Therapies. He shares a few of his favorite memories of his time here, including a lively exchange of ideas that came about when Hal Page's clinical seminar on therapy met with Dave Riccio's experimental seminar on animal learning.

We hope that you enjoy this edition of the *Psyche*. Once again, we invite you to keep in touch, as we always enjoy receiving updates about the activities and accomplishments of our greatest source of pride, our alumni.

For up-to-date information on the happenings in the department, be sure to check out our website at <http://dept.kent.edu/psychology/>.

Maria Zaragoza



## What's Up Doc?

Dr. T. John Akamatsu, Professor of Psychology, retired this past June after 38 years of service. With a passion for training clinical students, John directed the Psychological Clinic throughout his tenure. He and his wife, Sharon, reside in Kent where they raised two sons. John is well known in the department for his virtuosity on the ukulele (see The Retirement Song at <http://www.youtube.com/watch?v=UNEAvnsTRoE>). We recently had a chance to chat with him.

### *Q: What changes have you seen in the department since you came to Kent?*

John: The department's reputation and productivity have developed exponentially. Still, we are very fortunate that the department has remained highly collegial. I think the department's collegiality contributed significantly to me remaining in the department over all these years.

### *Q: How would you want to see the department develop in the future?*

John: I would advise our colleagues to continue to hire good people, but maintain the balance between productivity and collegiality. Collegiality is very important and is one of the primary factors that help the department attract and maintain strong colleagues.

The department has moved from a generalist training system to a more specialized one. There are strengths and weakness in both, and I would hate to see one predominate. Although it is difficult to be a generalist with all of the new knowledge out there, there is much to be said to having a broad perspective of psychology and to be looking at how other areas with which you might be less familiar might impact what you are doing. Much gets lost when people are too focused.

### *Q: What are your plans for retirement?*

John: Sharon and I plan to travel more, both big and small trips, to visit our children and so forth. We are traveling to Spain next. I also started painting a couple of years ago in preparation for retirement and found that I really enjoy it. I recently sold my first work, so I guess you can say I'm a professional.

## *Gunstad Receives Outstanding Scholar Award*



On March 28, 2012, John Gunstad, Ph.D., received the Kent State University Outstanding Research and Scholar Award. The award recognizes faculty members for the quality of their scholarship and its impact on society. Of the 25 nominees for the award, six recipients were selected. John's research examines how aging, disease, and environmental stressors affect neurocognitive function, with a particular interest in cardiovascular disease and obesity. He is principal investigator on several active grants from the National Institutes of Health (NIH) and has authored numerous articles. John received the Early Career Research Award from the International Neuropsychological Society in 2011, and gave an invited address on his work to the New York Academy of Sciences in Fall 2012. One research project, which received national media attention, demonstrated that obese patients experienced improvements in memory and concentration shortly after having bariatric surgery. John's team is currently evaluating the extent to which these improvements are maintained over a two-year period.

## *In Memoriam*

We are sad to report that Emeritus Professor Richard Vardaris passed away in September 2012. Rick joined the Department in 1967 and ultimately rose to the rank of Professor. He had a strong background in experimental psychophysiology, with a B.A. from Case Western Reserve University and Ph.D. in Medical Psychology from the University of Oregon. He taught a variety of courses, advised many undergraduate and graduate students, and conducted extensive research. He played an important role in creating the Northeastern Ohio Universities College of Medicine. After retiring in 1996, he continued to teach courses for Kent State University at Geauga and served as chief operational officer for BrainViews, Ltd., a publisher of multimedia aids for education in the Neurosciences.



# The Psyche



## *F. Robert Treichler: A 50/80 Celebration*

Friends and family gathered this past year to honor F. Robert (Bob) Treichler, Ph.D., for his 80th birthday and 50 years at Kent State. Bob was hired for the Fall 1962 term along with three others as preparation for Kent's new Ph.D. program in Psychology. Since Bob retired in 1994 he has continued to offer his History of Psychology course, he served for a year as an Assistant Dean for Advising in the College of Arts and Sciences, and he has maintained an academic genealogy of department faculty. In 2001 he wrote a history of Kent State's Psychology Department and subsequently wrote a history of Kent Hall that is available on his website. Bob's monkey lab continued to operate for eight years after his retirement. His work on list-linking by monkeys led to chapters for a festschrift for Duane Rumbaugh (a Kent M.A. of long ago) and for a memorial volume for Brendan McGonigle of Edinburgh University, entitled *The Complex Mind: An Interdisciplinary Approach*, published in 2012. Bob and his wife, Nancy, have been long interested in American antique folk art, especially ceramics. Bob published *A History of Northeast Ohio Stoneware* in 2011 and is active in local historical societies and antique study groups. Bob reports that the major recreational activity of the Treichlers is travel. They have visited Eastern Europe with recent river trips on both the Seine and the Elbe, and they visit Puerto Rico annually. With regard to his 50-year association with Kent State, Bob feels two things have contributed to his longevity, namely, the very rewarding and personal interactions with departmental and university colleagues and the opportunity to interact with students. Especially important sources of satisfaction were watching graduate students progress on their career paths and mentoring undergraduates, especially during the more than 20 years when he administered National Science Foundation grants for undergrad research experiences.

## Faculty Honors

**Mary Beth Spitznagel** and **John Gunstad** received a grant from the Dairy Research Institute titled “Is milk the drink that helps you think? Dairy, acute glycemic control, and cognitive function”.

**Aaron Jasnow** received a grant from the Whitehall Foundation titled “Neural circuits regulating inhibition of long term fear memories”.

**Kathy Kerns** (PI), **Manfred van Dulmen**, and **Karin Coifman** received a grant from the National Institute of Nursing Research titled “Pet Dogs as Compensatory Support Figures”.

**Joel Hughes** and **John Gunstad** received a grant from the National Institute of Aging titled “Smartphone Delivered Comprehensive Heart Failure Self-management System”.

**Manfred van Dulmen** became the founding editor of the new journal, *Emerging Adulthood*.

**David Fresco** was appointed Associate Editor of *Journal of Consulting and Clinical Psychology*.

**Robin Joynes** was nominated for the Kent State University Outstanding Teaching Award.

## Graduate Student Honors

**Michael Alosco** was awarded the Early Graduate Student Researcher Award by the American Psychological Association.

**Emily (Schumann) Bell** received the KSU University Fellowship

**Rachel Hemphill** received the KSU University Fellowship

**Katherine Schinka** received the KSU Reuter Fellowship

**Nicole Wightman** received the KSU Reuter Fellowship

**Amanda McCleery** received the KSU David B. Smith Award

## Department Honors

The department was ranked 63 by the National Science Foundation in their list of the “Top 100 Psychology Faculties” in federal research expenditures.

The department hosted the 25th annual meeting of the Tri-State+ Conference on Animal Learning and Behavior in April, 2012. Faculty members Steve Fountain, Aaron Jasnow, and David Riccio organized the two-day meeting.

## News from Our Grads

**Russ Morgan** was named Associate Dean at University of Western Illinois

**Elizabeth Goncy** received an NIH postdoctoral fellowship for research on teen dating violence.

**Amanda McCleery** received a grant from the Canadian Institute of Health Research to support her postdoctoral work at Semel Neuropsychiatric Research Institute, UCLA.

**Michael Armey** and **Michael Moore** joined the editorial board of *Behavior Therapy*.

**Michael Armey** received an R01 grant, *Multi-method assessment of emotional reactivity: Translational research in suicide*.

**Carlo Veltri** became an Assistant Professor at St. Olaf College.

**Susanne Biehle** became an Assistant Professor at DePauw University

**Abbigail Tissot** became an Assistant Professor at Cincinnati Children's Medical Center.

**Stacy Lipowski** became an Assistant Professor at Highpoint University.

**Kristel Gallagher** became an Assistant Professor at Keystone College.

**Mike Moore** became an Assistant Professor at Jackson State University.

**Andrea Mata** became an Assistant Professor at University of Findlay.

**Britt Lamoureux** accepted a position at Summa Health System Department of Psychiatry

*Please send news about personal milestones and professional accomplishments for this column to Sandi Thouvenin at [sthouden@kent.edu](mailto:sthouden@kent.edu)*

# The Psyche

## ***Recent Ph.D. Dissertations***

**Marielle K. Divilbiss (Dr. Docherty)**

The impact of alexithymia on empathic ability in schizophrenia.

**Jessica L. Demmings (Dr. Neal-Barnett)**

A further examination of interethnic friendship among high school age adolescents: ethnic prejudice, school interracial climate, and the acting white accusation

**Eftihia Linardatos (Dr. Fresco)**

Facial emotion recognition in generalized anxiety disorder and depression: assessing for unique and common responses to emotions and neutrality.

**Andrea Mata (Dr. van Dulmen)**

Structured activity involvement and behavior problems: investigation of selection, transactional and age-specific effects with the use of variable and person-centered approaches.

**Susanne N. Biehle (Dr. Mickelson)**

Coping from pregnancy to parenthood.

**Amanda McCleery (Dr. Docherty)**

Pathways to functional impairment in schizophrenia: contributions of neurocognition and social cognition.

**Kristel M. Gallagher (Dr. Updegraff)**

Helping older adults sustain their gains: a theory-based intervention to promote adherence to home exercise following physical therapy.

**Elizabeth C. Casey (Dr. Hughes)**

The role of physical fitness in the relationship between depressive symptoms and chronic inflammation in patients enrolled in cardiac rehabilitation.

**Crystal A. Gabert-Quillen (Dr. Delahanty)**

The efficacy of written emotional expression at reducing back and headache pain in college students.

**Wendy R. Dragon (Dr. Ben-Porath)**

Effects of random responding on the interpretability of the MMPI-2-RF substantive scale scores.

**Devin A. Fava (Dr. Riccio)**

Investigating the differential amnesic effects of a mild hypothermic treatment on the memory for extinction.

**Robert P. Ariel (Dr. Dunlosky)**

Learning what to learn: the effects of task experience on strategy shifts in the allocation of study time.

**Frank Kenner (Dr. Delahanty)**

An inclusive model of posttraumatic stress disorder and substance use disorder comorbidity.

**Danielle L. Burchett (Dr. Ben-Porath)**

MMPI-2-RF validity scales as moderators of substantive scale criterion validity.

**Carlo O.C. Veltri (Dr. Graham)**

Assessing compulsivity with the personality psychopathology five and the five factor model.

**Laura Pickens (Dr. Fountain)**

The effects of chronic adolescent nicotine exposure on adult cognition in the male and female rat.

**Denise P.A. Smith (Dr. Fountain)**

The basal ganglia and sequential learning.

# *Meet the Faculty*



## *Dr. Amy Sato*

We'd like to introduce a new member of our faculty, Dr. Amy Sato (SAH-to). Amy earned her Ph.D. in clinical psychology at University of Wisconsin – Milwaukee, and completed a post-doctoral fellowship in child mental health at Brown University. Her research concerns obesity and weight management in children and adolescents. One of her major programs of research addresses ways in which stress and family environment influence the eating habits of adolescents from low-income families. She has also just completed data collection on a study of the marked weight gain that many older adolescents experience during transition to college (the so-called “freshman 15”). She is examining the role that increased stress, reduced physical activity, and other factors may play in this phenomenon.

Amy and her husband, Chris Flessner (another new member of the faculty), both grew up in the Great Lakes region. They are happy to have settled close to family. Outside of work, they devote much of their time to their baby son, Landon. Amy is also an avid reader, and enjoys exploring parks, farmer's markets, and other outdoor attractions.

## *Dr. Alanna Updegraff*

We are happy to introduce Dr. Alanna Updegraff as the new Director of the Psychological Clinic. Alanna is a familiar face to many, as she has supervised graduate student in the child clinical program for several years. Originally from Long Island, New York, Alanna attended Cornell University for college and received her Ph.D. in clinical psychology from UCLA. Prior to joining our department, she worked at Akron Children's Hospital where she focused on children from underserved populations as well as children suffering from various endocrine disorders. Alanna was attracted to the Director position by the opportunity to maintain the department's tradition of excellent clinical training. She also plans a number of enhancements, such as introducing an electronic medical record, which will cut down on paperwork and make client information more secure yet readily available to staff. Alanna also hopes to increase the visibility of the clinic in the community so that more people can receive evidence-based practices that help reduce distress and improve functioning. When not hard at work in her new position, Alanna enjoys the company of her family (son Evan, daughter Lauren, and husband John, also a member of the faculty) and friends, hiking or camping in the outdoors, or frequenting the great children's museums in Northeast Ohio.

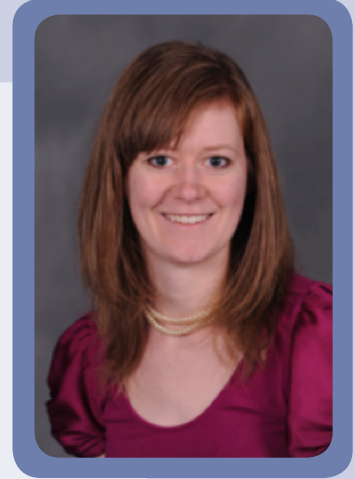


# *The Psyche*

## *New Faces*

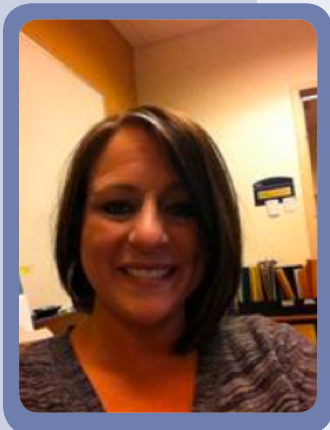
### *Sandi Thouvenin*

We bid a warm welcome to Sandi Thouvenin, who joined the department in February 2012. As Grants Assistant in the Applied Psychology Center (APC), Sandi assists with APC awards, grant proposals, and the department's colloquium program. Sandi, who hails from Massillon, Ohio, received her B.A. from Otterbein University where she studied abroad at the American University in Cairo, Egypt. She also worked at the Ohio Arts Council, then returned home to be closer to her family, worked at the Massillon Museum, and pursued an M.A. in Art History at Kent State. She lives in Akron with her two cats Lillian and Dorothy. Her hobbies include gardening, printmaking, reading and weekend traveling.



### *Michelle Finan*

In February 2012, the department welcomed Michelle Finan as secretary for Graduate Admissions and the Psychological Clinic. Growing up in Doylestown, Ohio, Michelle has spent her life in and around Kent, and along with her husband, Mike, has raised three daughters (Brooke, Alyssa and Emma), the oldest of whom is a student at Kent State. Prior to joining us, Michelle worked at a local law firm as a legal assistant. In just a short time, Michelle has made herself indispensable, particularly to Dr. Alanna Updegraff, who views Michelle as critical to the professional yet caring atmosphere of the clinic. Michelle's family is an important part of her life, yet a few times over the years, she has treated herself to vacation getaways to locales such as Hollywood and Las Vegas, which serve to restore and rejuvenate her.



# *In the Loop*



*We were pleased to interview an illustrious graduate of our Ph.D. program in Clinical Psychology, Robert K. Klepac. Bob is currently at University of Texas Health Science Center in San Antonio and just finished his term as President of the Association for Behavioral & Cognitive Therapies.*

**Psyche: Tell us a bit about your time in graduate school.**

Bob: I studied at Kent State University from January 1965 to August 1969, which was a very exciting time. The doctoral program was being implemented, and mine was the third class of Ph.D.s to call Kent State their alma mater. Hal Page was my advisor and mentor. Stu Taylor guided my studies in experimental personality, which was my minor. My dissertation examined the effects of confirmation/disconfirmation of client expectations of therapist characteristics on attitudes towards the therapist in an analog study.

**Psyche: What professional positions have you held? What kind of clinical/research activities have you conducted?**

Bob: I've served on the faculties of Western Washington University, North Dakota State University, where I was department chair, and Florida State University, where I was Director of Clinical Training. The most recent half of my career was spent as Director of Psychology Training at Wilford Hall Medical Center, and as National Coordinator of Air Force Psychology training. I'm now retired from full-time employment, and serving as Psychology Training Director Emeritus at Wilford Hall, and Research Associate Professor at the University of Texas Health Science Center-San Antonio. While not my plan when I left Kent State University, academic administration and supervision have been the dominant themes of my career. Serving as Assistant Director of Kent State University's clinic for a year must have been an omen. Through all this time, I've been a "jack of all trades". I've published results of grant-funded research on fear, pain and dentistry, taught a wide range of graduate and undergraduate courses as well as seminars for interns and postdoctoral students, published on professional issues, participated in governance of professional associations, supervised students in research and clinical work, and worked as a therapist myself. I am currently involved in governance of ABCT and the American Board of

Professional Psychology Foundation, and the APA Accreditation Appeals Pool, and consulting to my former programs at Wilford Hall. At the University of Texas Health Science Center – San Antonio I am working on an educational research grant project to better integrate scientific findings and scientific thinking into practice among dental students, faculty, and community practitioners – activities that mirror what I've tried to do in psychology for my whole career. I've enjoyed the variety in these activities. The preparation I got at Kent provided a terrific background for all of those endeavors.

**Psyche: Is there a particular professional accomplishment in your career for which you are especially proud?**

Bob: As an academic administrator, I am proudest of what those I led have done. During my time as chair at North Dakota State University, the department grew from a faculty of 3 to nine plus a postdoc. We had more grants than faculty, and more RA positions than students to fill them. A few years after I left that department, it was ranked first or second (depending on the index) in research productivity among U.S. masters-granting schools. The educational programs I led at Wilford Hall earned us the "Outstanding Educational Program" award from ABCT. Those are indices of the quality of the research and teaching our people did, and I like to think I had some role in recruiting and nurturing those folks, and setting a context that encouraged such excellence. On a more personal level, serving as president of ABCT has been a tremendous honor, and a great experience.

**Psyche: What are the most enduring memories of your time at Kent State?**

Bob: The people – both students and faculty – that made Kent State University a terrific environment for learning and growing. One experience that captures one of the things I loved about my time at Kent State University happened when taking an advanced clinical seminar with Hal Page on "emerging approaches to therapy". One set of approaches we studied included implosive therapy, and exposure. During the same term, Dave Riccio was teaching an advanced experimental seminar in learning, focusing on reduction of avoidance behavior by response prevention and flooding. Our two seminars met together for one or two sessions. The experimental students were surprised at the interest we clinical types showed in their work, and the clinical students were intrigued by possible further applications of the principles coming from the experimental literatures. Several student projects and papers followed from that one meeting. Other more personal memories: bratz, beer, and friends at Treichler's; gab fests at the Captain Brady; commiserating over beverages after long nights in the library; attending MPA with the whole department, and many more.